



Preparedness Calendar Resources



MONTH 1

Planning

Build your Grab-n-Go Binder (page 39). Think about what disasters you are planning for (see Chapter 1 - Hazards). Sign up for Citizen Alert by visiting www.rvem.org. Install smoke detector or change their batteries, if needed.

Training - Train or Be Trained

Choose an evacuation location, one on each side of any river you cross. Consider finding a location across the county in case your entire community needs to be evacuated.

Supplies - Gather or Purchase

Get binder with clear sleeves or thumb drive to store documents listed in your Grab-n-Go Binder (page 39). Add one gallon of water per person or pet to your supplies. Aim to add a three day supply of water per person and pet each month. (Since you'll be adding each month, consider how you want to purchase it: cases, gallons, 5 gallons, 20 gallons or large drums.)

MONTH 2

Planning

Take photos/videos of every room, closet, cabinet and drawer in your home. Store photos online, if possible, or in your binder. Be sure to photograph big-ticket items individually. Contact your insurance provider to make sure you have enough coverage to replace your home and its contents.

Training - Train or Be Train

Practice evacuating from each room of your home. Do day and night drills, as well as rain and shine drills.

Supplies - Gather or Purchase

Add three more days worth of water per person and pet to your kit. Add ready-to-eat foods to your supplies. Start with enough for three days worth for each household member. Add any necessary baby supplies.

MONTH 3

Planning

Decide who you are planning for. Remember, that may include people who do not live with you (an elderly neighbor or child who is left home alone) and animals. Will you need to purify water if your purchased water expires or runs out? You can find a water-to-bleach ratio sheet and a boiling time sheet for sterilizing water online. Print it out and keep a copy in your kit(s).

Training - Train or Be Trained

Focus on learning (or teaching) some of the skills your grandparents had. Learn to preserve food and gather, filter and purify water. Learn to sew, darn a sock or replace a button. Learn to make candles and soap. Learn to hunt and fish (when seasonally appropriate).

Supplies - Gather or Purchase

Get large capacity coffee filters to filter water if you run out of stored water. Get one purification method (dye-free bleach, chlorine tabs, etc.). Add another three days worth of water. Add three days worth of canned food (preferably in water) and a can opener. Get foods you know your family will eat. Add a sewing kit or simple sewing supplies (needles, needle threader, thread, thimble, scissors, etc.) to your kit.



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MONTH 4

Planning

Develop your communications plan. Choose your out-of-state contact. Let them know your plan. (See Communications on page 31 for more information.) Practice your communications plan with everyone involved by creating a mock event on a specific day and time. Everyone should text their information and have it relayed back to your group by your emergency contact. Evaluate what is missing and update your plan.

Training - Train or Be Trained

Learn to use a fire extinguisher. Contact your local fire department for more information. Learn to tie two types of knots and how to build a shelter. Would it keep you dry during rain? Use your hose to test it out. Does the ground underneath stay dry? Will it keep wind out? If you plan to use a tent instead, practice setting it up in the dark or the wind, or maybe even with one arm in case you're injured.

Supplies - Gather or Purchase

Purchase an ABC fire extinguisher for your kitchen. If possible, purchase extinguishers for each vehicle. Add three days worth of water and freeze dried foods to your supplies.

MONTH 5

Planning

Decide how you will stay safe, warm and fed if you are stuck at home without any services. How will you heat your home? How will you cook? What sorts of supplies do you need to be successful?

Training - Train or Be Trained

Learn to start a fire in several different ways. What would you use to boil water (for food, drinking or sanitation) if you didn't have a stove? What fuels (sticks, Vaseline and cotton balls, etc.) do you need on hand? If you have a propane barbeque, does everyone know how to replace the empty tank?

Supplies - Gather or Purchase

Add three more days worth of water per person and pet to your kit and three days worth of dried foods to your food supply. Don't forget the benefits of sproutable beans and seeds - they are a good source of vitamins, are shelf-stable, sprout within three days and add great variety and flavor to your meals! (For more information on emergency foods, see page 24.)

MONTH 6

Planning

Consider the medical needs of anyone you'll be caring for during an emergency. Make a list of the supplies you'll need to have on hand for life safety. Fix hazards in and around your home; look for fire hazards, secure large shelves to the wall, use earthquake putty to secure smaller items, install smoke detectors or change batteries if necessary, etc.

Training - Train or Be Trained

Take CPR/First Aid training. Take a gardening course from a friend, neighbor or family member, or through OSU Extension Services. There are many resources available online, as well.

Supplies - Gather or Purchase

Add first aid supplies to your kit based on the needs of those you will be caring for. Add general first aid items after specific items are acquired. Think of gauze like water: you can never have too much! Don't forget prescriptions, extra glasses or contacts, saline solution and similar items. Add three more days worth of water and food.



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MONTH 7

Planning

Special considerations are things to think about outside of your own personal needs. Who in your plan may have specific needs that you must consider? (See Chapter 3 - Special Considerations for more information.)

Training - Train or Be Trained

Your physical health and fitness matter! You will be putting a high demand on your body and mind during an emergency. Consider what you need to work on to be of the most help to others. What is most difficult for you: flexibility, strength, stamina? Focus on strengthening yourself where it's needed.

Supplies - Gather or Purchase

Add remaining pet supplies from the Pet Kit list on page 39 (also see page 35). Review what items are remaining on the Go Kit list on page 40; add necessary items to your kit. Add water and food for three days - get comfort foods and favorite snacks.

MONTH 8

Planning

Staying healthy and clean won't happen by accident! How much additional water do you need for cleaning? What other cleaning supplies need to be gathered or purchased for an emergency? What types of sanitation and hygiene practices will you want during an emergency (see pages 26-27)? Remember, if water is scarce, sanitizing wipes are a good option. Build and use a two-bucket toilet system (page 27) and make a list of items you may want to add to your supplies.

Training - Train or Be Trained

Practice crating your pets and loading them, their supplies, your family and supplies into your vehicle(s). Does it all fit? Could you do it in under five minutes? Could you do it in the dark? What needs to be tweaked in order for it to work in an actual emergency?

Supplies - Gather or Purchase

Focus on sanitation and hygiene supplies. Look through the kit lists on pages 39-42. Decide which supplies you need. Don't forget feminine hygiene and incontinence supplies. Add the items for a two-bucket toilet system found on page 27. Add water and food for three days - consider juices or powdered electrolyte mixes.

MONTH 9

Planning

Make sure everyone in your plan knows the steps to take to make it successful, even if they are the only one able to carry it out. Does everyone know where to go, who to call, where the supplies are, etc.? Talk with your group about each event and what the plan of action is.

Training - Train or Be Trained

Learn to turn off your gas and water mains in the event of an earthquake. If you have a hand pump on your well, learn how to use it. This is a good time for a weekend experiment - live in your home for a weekend without the use of light, heat, water or anything electronic (TV, radio, phones, etc.). What skills and supplies did you find you needed to succeed if it had been an actual emergency?

Supplies - Gather or Purchase

Gather or purchase the tools and/or missing items from the kit lists. You likely have most of these items around your home. Consider whether or not you want paper plates, plasticware and napkins during an emergency or extra dish soap, water and towels. Make a list and purchase necessary items. Add water and food for three days - don't forget coffee, tea or other favorite drinks.



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MONTH 10

Planning

Begin to create a plan to work with your neighbors during a disaster. (See pages 50-51 for a guide.) Learn what plans are in place at work, schools or your child care facilities.

Training - Train or Be Trained

Learn or teach someone to use the tools around your home. If you have a generator, chainsaw, tractor, etc. practice using them until you're comfortable on your own.

Supplies - Gather or Purchase

Add supplies to your Car Kit (you should build one kit per vehicle).
Gather or purchase the missing items. Add water and food for three days
- remember your spices and sweeteners.

MONTH 11

Planning

Download some useful emergency notification apps on your cell phones to stay informed about weather, or local, state and federal emergencies. Make a plan for sheltering in place (see page 42).

Training - Train or Be Trained

Take Stop the Bleed training. Go to www.stopthebleed.org for more information. Practice your CPR and first aid skills.

Supplies - Gather or Purchase

Review your Shelter-in-Place supply needs. Gather or purchase necessary items. Add water and food. Consider purchasing some of the "emergency foods" that have very long term shelf life. (MREs, food ration bars, or any variety of emergency foods that can be found online by searching "emergency foods". These have a shelf life of 5-25+ years.)

MONTH 12

Planning

Gather your Evac Box supplies together (see page 41). These are not items you purchase, but rather they are sentimental items, as well as financial, medical and legal documents that need to be stored in an easy-to-carry container, in a convenient location. In this final month of preparation, look at getting involved in your community through volunteering. Shelters, food banks, donation centers, etc. are staffed by volunteers. This service can only be provided if local people volunteer.

Training - Train or Be Trained

Shore up what you've already learned and fill in any gaps so that you feel prepared to be the help until help arrives.

Supplies - Gather or Purchase

Get a bin or two for your Evac Box supplies. Review your Bug Out Bag supplies (page 40). Gather or purchase the missing items. Add water and food for an additional three days. Make sure to have a good protein source! Add books, games, cards or other non-electronic entertainment to your kits. Start your calendar over next month and rotate any items that may have expired. Pick up supplies you may have skipped; review your plans and continue training so your skills do not expire.